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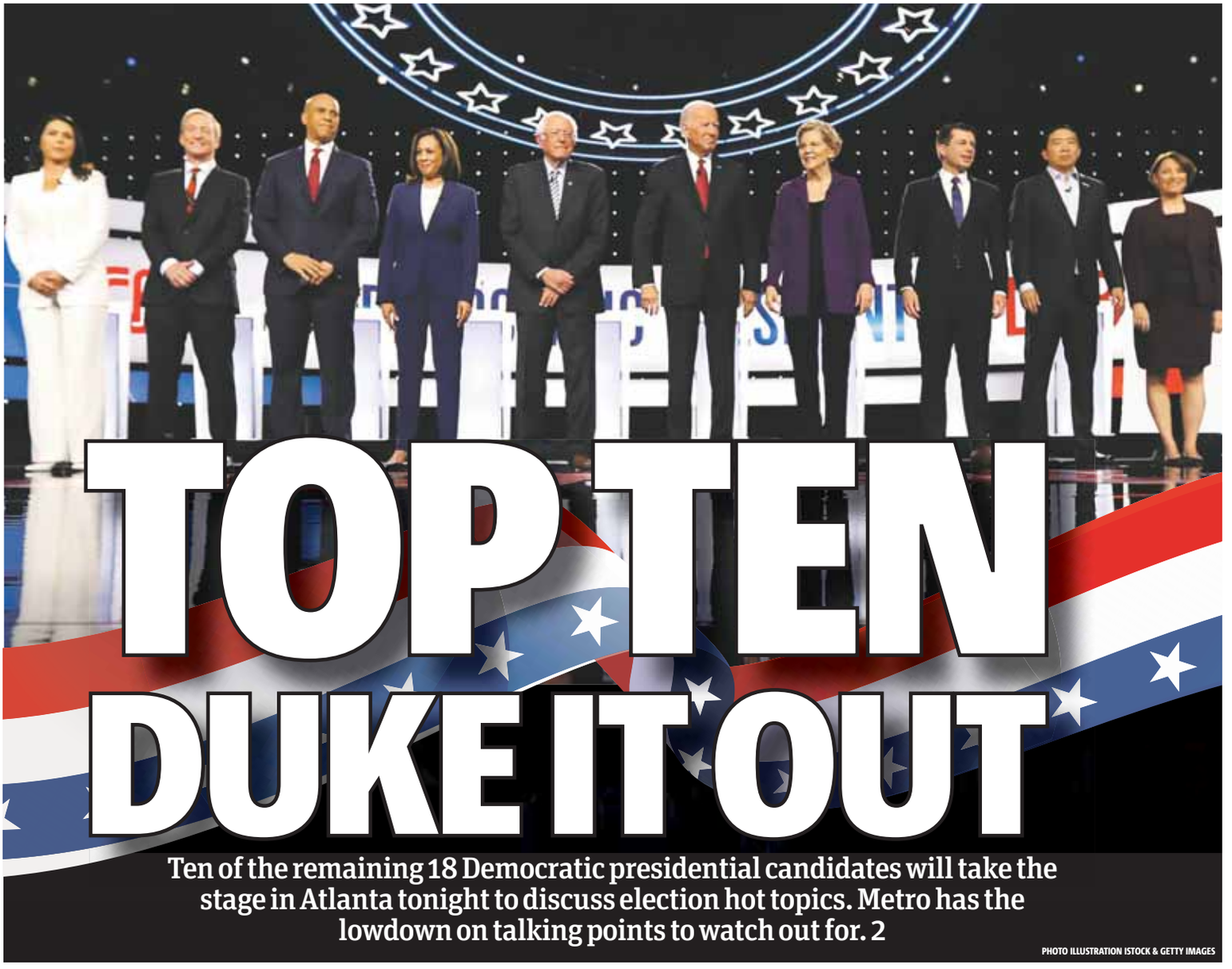
Director Todd Haynes on the fight against evil corporate interests in his new film 'Dark Waters.' 14

2 CHARGED IN EPSTEIN COVERUP

Guards surfed web & napped before falsifying documents. 4

Mets' Cespedes seen taking batting practice despite questionable return in 2020. 22



TOP TEN DUKE IT OUT

Ten of the remaining 18 Democratic presidential candidates will take the stage in Atlanta tonight to discuss election hot topics. Metro has the lowdown on talking points to watch out for. 2

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4 THINGS TO KNOW

Factbox: Warren on defense? What to watch for in the Atlanta U.S. Democratic debate

Healthcare likely to be a major talking point.

Ten of the 18 candidates seeking the Democratic nomination to face Republican President Donald Trump in November 2020 will take the stage in Atlanta on Wednesday in the party's fifth primary debate.

Here are some key moments to watch for.

Senator Elizabeth Warren. REUTERS

WARREN UNDER FIRE

The ongoing fight over how best to expand health insurance for Americans is likely to be a main point of contention and could see U.S. Senator Elizabeth Warren on the defensive.

Warren has seen some of her momentum stall as her candidacy has been consumed by questions about her ambitious plan to provide universal healthcare for all Americans without raising middle-class taxes one penny.

Warren has estimated Medicare for All, which would eliminate private insurance in favor of a government-run plan, would cost $20.5 trillion in additional government spending over 10 years. The plan would be funded by tax increases for corporations and the wealthy, most notably billionaires.

The lawmaker from Massachusetts may again find herself under fire from moderate rivals such as former Vice President Joe Biden and Pete Buttigieg, who challenge her math and also argue that Medicare for All will scare away voters who do not want to lose private health insurance.

Warren may also be criticized by fellow progressive candidate Bernie Sanders for not being sufficiently liberal, after saying on Friday that transition to Medicare for All would take place gradually over three years.

"If anything, she has opened herself to more attacks and more scrutiny," Joel Payne, a Democratic strategist who worked for Democrat Hillary Clinton's 2016 presidential campaign, said.

WILL PETE SUSTAIN MOMENTUM?

Buttigieg, the 37-year-old mayor of South Bend, Indiana, has seen his stock steadily rise in Iowa, the first state that will hold a 2020 nominating contest, and some recent polls have him in the lead there.

Buttigieg's ascent has coincided with finding his political identity as a more moderate alternative to Warren and Sanders, threatening Biden's claim on that position.

But his surge may also place him under heavy criticism from rivals, who have already questioned his relative lack of experience and his thorny relationship at times with the African-American community.

BLOOMBERG AND PATRICK IN SPIRIT?

Deval Patrick, the former governor of Massachusetts, jumped into the race last week, while former New York Mayor Michael Bloomberg continues to ponder a bid.

Sanders' campaign, looking to play up his opposition to wealthy and corporate interests, said the U.S. senator from Vermont was ready to go after Bloomberg and Patrick, both wealthy businessmen, in absentia.

Sanders flagged this approach at an Iowa rally on Nov. 9, when he said of Bloomberg: "Sorry, you ain't gonna buy this election."

Going into the debate, Sanders' campaign is looking to play up his long record of getting under the skin of the wealthy and corporate interests, and remind voters that he is the candidate consistently taking on what his supporters see as "the bad guys," a campaign aide said.

Biden may be queried about whether moderates Bloomberg and Patrick will siphon support from him. If Bloomberg enters the race, he will be the fifth most-popular candidate, and his presence may draw more support away from Biden than others, a Nov. 12-14 Reuters/Ipsos public opinion poll showed.

WHITHER HARRIS?

With her campaign faltering amid reports of poor organization and in-fighting, U.S. Senator Kamala Harris' candidacy needs more than just a jumpstart.

Harris, the breakout star of the first Democratic debate, is trailing badly in the early-voting states, particularly in Iowa, a state she has said will make or break her campaign.

At this point, a strong performance on Wednesday might only be the first step in turning things around, Payne said, noting that the debates so far have done more to reduce the sprawling field, rather than boost campaigns.

"They are not elevating," he said. "They are eliminating." REUTERS

Bei Bei, Washington's bachelor panda, heads to China

2 After a month of preparations and goodbyes, Bei Bei, the Washington National Zoo's most eligible giant panda bachelor, was on his way to China on Tuesday, where scientists hope he will help increase the population of his species. The departure of 4-year-old Bei Bei to his parents' homeland had been pre-arranged and was announced last month by the zoo, where giant pandas have always been a visitor favorite. Bei Bei,

REUTERS

which means "precious treasure," munched his last American breakfast of bamboo and leaf eater biscuits early on Tuesday before entering a custom travel crate that was loaded onto a truck for the trip to Dulles International Airport, the zoo said. REUTERS

Congo court hands life sentence to warlord

3 A court in Democratic Republic of Congo handed down a life sentence on Tuesday to one of the country's most notorious warlords for crimes against humanity including murder and sexual violence, lawyers in the case said. The court, in the eastern city of Bukavu, also found Congo's government liable for failing to protect victims of the Raia Mutomboki militia and ordered it to pay compensation to more than 300 victims. Despite repeated initiatives by the government to address sexual violence in eastern Congo's conflict zones, where civil wars around the turn of the century resulted in millions of deaths. Experts say rape is still deployed by armed groups and army soldiers as a weapon of war. The judges convicted Raia Mutomboki chief Frédéric Masudi Alimasi and two allies for murder, torture, enforced disappearances, sexual violence and enslavement. REUTERS

Indiana teachers demand higher wages

4 Thousands of chanting red-clad Indiana teachers swarmed the state capitol on Tuesday, demanding higher salaries and reforms to evaluation policies in a protest that forced half the state's school districts to cancel classes for the day. "It's time to use our 'outside voices,'" read one of the signs hoisted by largely peaceful Indiana State Teachers Association demonstrators wearing red hats and sweaters as they stood at the steps of the capitol, some beating on 5-gallon paint barrels as improvised drums. The "Red for Ed" protest was the latest in a wave of work stoppages by U.S. educators. In 2018, teachers in Arizona, West Virginia and Oklahoma staged largely successful days-long strikes to demand higher salaries. Teachers in Chicago and Los Angeles also went on strike this year and secured more resources. REUTERS

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Two jail guards for Jeffrey Epstein charged with coverup in his suicide

Guards failed to check in on Epstein for 8-hour period.

U.S. financier Jeffrey Epstein appears in a photograph taken for the New York State Division of Criminal Justice Services' sex offender registry dated March 28, 2017. REUTERS

Two jail officers falsified records to cover up their failure to check in on financier Jeffrey Epstein in the hours before he killed himself, U.S. prosecutors said on Tuesday.

According to an indictment, Tova Noel and Michael Thomas fell asleep and surfed the Internet instead of monitoring Epstein, who was found unresponsive on Aug. 10 in his cell at the Metropolitan Correctional Center in downtown Manhattan. An autopsy concluded that Epstein hanged himself.

Epstein's suicide, at age 66, came a little over a month after the well-connected money manager was arrested and charged with trafficking dozens of underage girls as young as 14 from at least 2002 to 2005. He had pleaded not guilty.

Lawyers for Noel and Thomas could not immediately be located.

The defendants were the first to be criminally charged in connection with Epstein's death, which embarrassed federal officials because the case had an unusually high profile.

Attorney General William Barr said in August he had been "appalled" to learn of Epstein's death. Prosecutors are also examining the activities of people who Epstein's accusers say helped the financier engage in sex trafficking.

No one checked on Epstein in the eight hours before he was found unresponsive in his cell, according to the indictment.

Prosecutors said Noel and Thomas, the only correctional officers on duty in Epstein's unit, appeared to have fallen asleep for two hours during their shift.

Noel spent some of her waking hours surfing the Internet for furniture sales and benefit websites, they said, while Thomas looked up websites for motorcycle sales and sports news.

Noel had been an MCC correctional officer since 2016, and Thomas since 2007, prosecutors said.

According to the Federal Bureau of Prisons, which runs the MCC, the last inmate suicide at the facility was in 2006.

Epstein had been taken off suicide watch shortly before his death.

"Any allegations of misconduct are taken very seriously by the agency and will be responded to appropriately," prison bureau director Kathleen Hawk Sawyer said in a statement. "I am committed to this agency and am confident we will restore the public's trust in us."

Noel, 31, was charged with five counts of falsifying records about how Epstein was monitored, while Thomas, 41, was charged with three counts. Both also face a conspiracy charge.

Each count carries a maximum five-year prison term. Both defendants are expected to appear later Tuesday in Manhattan federal court.

"The defendants had a duty to ensure the safety and security of federal inmates in their care," U.S. Attorney Geoffrey Berman said in a statement. "Instead, they repeatedly failed to conduct mandated checks on inmates, and lied on official forms to hide their dereliction."

Epstein's brother and lawyers who represented him in his criminal case have expressed doubts about the medical examiner's suicide finding.

There was no indication that Epstein's death was "anything other than a suicide," Hawk Sawyer said at a Senate Judiciary Committee hearing on oversight of the prison bureau.

$577M

Epstein's estate, worth an estimated $577 million, is now the target of civil lawsuits by more than a dozen of his accusers. Executors for the estate have proposed creating a victim compensation fund to resolve the claims.

The Federal Bureau of Investigation and the Department of Justice's Office of Inspector General have also been investigating the circumstances of Epstein's death.

Epstein's estate, worth an estimated $577 million, is now the target of civil lawsuits by more than a dozen of his accusers. Executors for the estate have proposed creating a victim compensation fund to resolve the claims. REUTERS

Sweden drops Assange rape investigation after nearly 10 years

A Swedish prosecutor dropped a rape investigation against WikiLeaks founder Julian Assange, ending the near decade-old case that had sent the anti-secrecy campaigner into hiding in London's Ecuadorian embassy to avoid extradition.

Although the prosecutor's decision can be appealed, it probably closes the case, which was launched in 2010. The accuser's lawyer said she was studying whether to appeal it.

Assange skipped bail in Britain to avoid possible extradition and took refuge in the embassy in 2012. He was dragged out by police in April this year, and is now in jail fighting extradition to the United States on computer hacking and espionage charges unveiled after he left the embassy.

"This is the end of Assange's association with the Swedish justice system. But he is not happy with the way he's been treated. He lost faith in the Swedish justice system years ago."

Per Samuelson, Julian Assange's lawyer

While Assange was in the embassy, the statute of limitations ran out on investigating all but one of several Swedish sex crime complaints originally filed by two women. Deputy Chief Prosecutor Eva-Marie Persson reopened the remaining case after Assange left the embassy, but she said on Tuesday the passage of time meant there was not enough evidence to indict Assange.

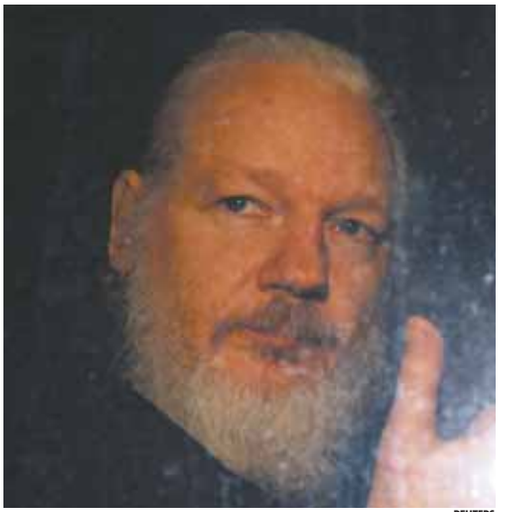
"After conducting a comprehensive assessment of what has emerged during the course of the preliminary investigation I then make the assessment that the evidence is not strong enough to form the basis for filing an indictment," she told a news conference. "Nine years have passed. Time is a player in this decision."

Assange, a 48-year-old Australian, has repeatedly denied the sex crime allegations, calling them part of a plot to discredit him and secure his eventual transfer to the United States.

"Let us now focus on the threat Mr Assange has been warning about for years: the belligerent prosecution of the United States and the threat it poses to the First Amendment," WikiLeaks editor-in-chief, Kristinn Hrafnsson, said in a statement.

Assange's Swedish lawyer, Per Samuelson, said as far as he was aware British lawyers had not yet been able to contact Assange in jail to inform him of the Swedish decision.

"This is the end of Assange's association with the Swedish justice system," Samuelson said. "But he is not happy with the way he's been treated. He lost faith in the Swedish justice system years ago."



WikiLeaks founder Julian Assange. REUTERS

Elisabet Massi Fritz, lawyer for the accuser, told Reuters in a text message that she and her client would discuss whether to request a review of the decision to drop the case. The right decision would have been to interrogate Assange in London and then charge him with rape, she said.

"After today's decision my client needs time to process everything that has happened over these nine years in order to be able to move on with her life." REUTERS

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White House expert tells hearing that Trump made improper 'demand' of Ukraine

Lieutenant Colonel Vindman listened in on the call.

Lt. Colonel Alexander Vindman, director for European Affairs at the National Security Council, reads from his White House performance appraisal as he testifies before a House Intelligence Committee hearing as part of the impeachment inquiry into U.S. President Donald Trump on Capitol Hill in Washington. REUTERS

A White House official testified in the impeachment inquiry against President Donald Trump on Tuesday that the president's request that Ukraine investigate a domestic political rival was an improper "demand," as he fended off Republican efforts to cast doubt on his competence and loyalty to the United States.

Army Lieutenant Colonel Alexander Vindman, the White House National Security Council's top Ukraine expert and a decorated Iraq war veteran, testified at the third public impeachment hearing before the U.S. House of Representatives Intelligence Committee, wearing his blue dress military uniform and medals.

Both Vindman and a second witness – Jennifer Williams, an aide to U.S. Vice President Mike Pence – both raised concerns about requests made by Trump in a July 25 telephone call with Ukrainian President Volodymyr Zelensky that is at the heart of the impeachment investigation threatening Trump's presidency.

During the call, Trump asked Zelensky to carry out two investigations that would benefit him politically including one targeting Democratic political rival Joe Biden. The other involved a debunked conspiracy theory embraced by some Trump allies that Ukraine, not Russia, interfered in the 2016 U.S. election.

"It was inappropriate, it was improper for the president to request – to demand – an investigation into a political opponent, especially (from) a foreign power where there is at best dubious belief that this would be a completely impartial investigation and that this would have significant implications if it became public knowledge," Vindman told the committee.

Vindman and Williams both were among the U.S. officials who listened in during the call.

"Frankly, I couldn't believe what I was hearing. It was probably an element of shock that maybe, in certain regards, my worst fear of how our Ukrainian policy could play out was playing out, how this was likely to have significant implications for U.S. national security," Vindman said.

Vindman, whose family fled the Soviet Union four decades ago when he was 3 years old and settled in the United States, told lawmakers that "character attacks" against public servants testifying in the impeachment inquiry were "reprehensible."

Even as he was testifying, the White House's official Twitter account attacked his judgment – even though he is a current White House official, and the president's son, Donald Trump Jr., assailed him in a separate Twitter post as "a low level partisan bureaucrat and nothing more."

Vindman, a U.S. citizen born in Ukraine, was asked by a Republican lawyer at the hearing whether he would consider becoming part of the Ukrainian government – an offer made by a Zelensky adviser. Vindman responded that he is an American and considered such an offer "comical."

Republican Rep. Jim Jordan told Vindman that his White House bosses had questioned his judgment, but a July employee evaluation called him "brilliant" with "excellent judgment." REUTERS

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Taliban frees two Western prisoners, U.S. sees hope for wider Afghan peace

Timothy Weeks and Kevin King speak to the camera while kept hostage by Taliban insurgents in an unknown location, said to be Afghanistan, in this still image taken from a social media video said to be shot January 1, 2017 and shared by pro-Taliban channels. REUTERS

The Afghan Taliban released American and Australian university professors held hostage for more than three years on Tuesday, Afghan, U.S. and Australian officials said, completing a delayed prisoner swap and raising hopes for a revival of peace talks.

American Kevin King and Australian Timothy Weeks were kidnapped in August 2016 from outside the American University of Afghanistan in Kabul where both worked as professors. They were freed in return for the release of three Taliban commanders under a swap that had been long delayed, Afghan officials said.

The U.S.-backed Afghan government's decision to carry out the swap is seen as key to securing direct talks with the Islamist militants, who have, until now, refused to engage with what they call an illegitimate "puppet" regime in Kabul.

> **"The Taliban have indicated that the release of the two professors is intended as a goodwill gesture, which the United States welcomes."**
>
> **Mike Pompeo**

Talks between the Taliban and the United States aimed at ending their 18-year war collapsed in September after President Donald Trump called off what he described as a planned meeting at the U.S. Camp David presidential retreat.

Earlier on Tuesday, three Taliban sources familiar with the deal, including one in Qatar, home to the political leadership of the Afghan Taliban, said the three Taliban commanders who were part of the swap were freed from jail in Afghanistan.

The United States and Australia confirmed the release of the professors and voiced hope this, along with other developments, may improve the chances for dialogue between the Afghans and an eventual peace agreement.

"The Taliban have indicated that the release of the two professors is intended as a goodwill gesture, which the United States welcomes," U.S. Secretary of State Mike Pompeo said in a written statement, saying the men were in the care of the U.S. military.

Pompeo also said he welcomed the Afghan government's release of the three Taliban prisoners and the "Taliban's impending release of 10 Afghan prisoners" but provided no details on this.

"We see these developments as hopeful signs that the Afghan war, a terrible and costly conflict that has lasted 40 years, may soon conclude through a political settlement," Pompeo said, dating the start of the Afghan conflict to the Soviet invasion in 1979 rather than the U.S. invasion after the Sept. 11, 2001 attacks on the United States.

"Along with a reduction of violence in Kabul during the past few days, the above developments give us hope for the success of intra-Afghan peace negotiations, which the United States stands ready to support," Pompeo added.

In a statement with his foreign minister, Australian Prime Minister Scott Morrison described the release "as one of a series of confidence-building measures" that "we hope ... will set the stage for a ceasefire and intra-Afghan dialogue." REUTERS

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Man behind Amish Fireplace gives public $99 deal

Bargain hunters rush to cash in on 73% off Absolute Liquidation deal

NATIONWIDE – It's a deal too good to pass up.

That's because the man behind the Amish Fireplace and founder of Heat Surge is giving away brand new World Famous Miracle Heaters in a 73% off Absolute Liquidation deal for just $99 to the general public beginning at 8:30am this morning.

And with many months of freezing cold weather yet to come and high heat bills right around the corner, the phone lines are ringing off the hook.

When I got wind that all this was ending in just 2 days, I left my office at Heat Surge and headed straight to Amish country to set up an interview with long time Amish craftsman Jonas Miller so I could be the first to get the story out to newspaper readers everywhere.

Here's my interview with the soft spoken, hardworking man who reminds me of good old honest Abe and I got right to the bottom line.

QUESTION: I'm confirming that the World Famous Miracle Heater is now just $99, right?

ANSWER: Yes ma'am, it's just $99.

QUESTION: That's unbelievable. Do you know how much people have paid for the Miracle Heater and handmade Amish fireplace mantle in the past?

ANSWER: Lots and lots of people have paid $392.00 for the Miracle Heater and they're glad to pay it because they know it's top of the line quality that lasts forever and Heat Surge pays me to make sure everyone knows it.

QUESTION: Then why are the Miracle Heaters being given away for just $99 now?

ANSWER: There's a bunch of good people out there that have always wanted to slash their heat bills and stay warm with one of our fireplaces, but just couldn't afford one. Folks living on fixed incomes, those living pay check to pay check and retired folks who would have so much more money if they didn't have to budget for such high heat bills every month.

That's why the man behind the Amish fireplace said to give the heaters away for just $99 in an Absolute Liquidation to make room in the barns for the new 2020 models for the next 2 days. We want everyone to get one, so we're giving everyone a 73% off discount. And here's the best part. These are not used or scratch and dent models. These are brand new, still in the box with a full warranty models. We just gotta move em to make room in the barns for the new 2020 models.

QUESTION: Now I know why so many people are calling to get the Miracle Heater. Are the craftsmen struggling to keep up?

ANSWER: Yes ma'am. Now that winter is just around the corner folks are thinking about saving money. Everyone hates paying high heat bills that start showing up in January and don't stop until after May. I looked in one of the barns this morning and I'll tell ya what, they're flying out the door like apple butter pies. The boys are really struggling to keep up. That's why I need you to tell folks I'm really sorry but we just can't let them have any more than three as part of this advertising announcement.

QUESTION: How much money are people saving with these Miracle Heaters?

ANSWER: Thousands of letters pour in from folks all across the country thanking us at Heat Surge for all the money they're saving on their heat bills with this fireplace. It works because the Miracle Heater creates per-

(Continued on next page)

CONSUMERS JUMP ON DEAL: "We're gonna keep our word and give the Miracle Heaters away for just $99, but please tell folks not to take any more than three because the boys are really struggling to keep up now that they're 73% off in this Absolute Liquidation," said long-time Amish craftsman, Jonas Miller. Barns that were stacked from floor to ceiling just days ago are now going empty because everyone hates paying high heat bills. That's why smart consumers are calling 1-800-601-3271 with claim code HSD379 to beat the 2 day deadline for this rock bottom deal that's putting a real strain on the craftsmen.

(Continued from previous page)

fect zone heating giving you 74° of bone-soothing room heat even when the home thermostat is turned down to 59°. So everyone will save money and no one will ever be cold again.

QUESTION: I read an article that says these Miracle Heaters are a top rated safety pick. Have you seen it too?

ANSWER: Oh yes. Someone showed me that article and we're very proud of it. In fact, when a fire chief tells people with children and pets to get it, you know it's safe. It has the World Famous safe to the touch *Fireless* Flame® technology that gives you the peaceful flicker of a real fire but without any flames, fumes, smells, ashes or mess.

This is about the time we had to wrap things up, but I could've talked to this soft spoken Amish man for hours.

Unfortunately, he was late getting back to the barn. But there are two things I want readers to know. At 73% off this Absolute Liquidation is a fantastic deal and once the two-day deadline ends, the price for the World Famous Miracle Heater will go clear back up to $392.00 including shipping.

That's why it's so important for readers to call the National Toll Free Hotlines today to get the Miracle Heaters for just $99 and shipping before the deadline ends.

To make sure everyone gets these new Miracle Heaters in a hurry, UPS® drivers have been instructed to make home deliveries anywhere in the United States beginning tomorrow.

Thousands of local readers are expected to call the hotlines beginning at 8:30am today.

It just doesn't make sense for anyone to suffer through the cold when you can get the brand new Miracle Heater for just $99 and never have to pay high heat bills again. So if phone lines are busy keep trying, they promise to answer all calls. ■

– by Kristin Kishman, Consumer Analyst for Heat Surge LLC.

Who gets the $99 deal

Find your zone on this U.S. Weather Map

Everyone who locates the Weather Zone they live in must call the National Toll Free Hotlines for their zone beginning at precisely 8:30am this morning. Those who get through are being given the World Famous Miracle Heater for just $99 and shipping. No calls will be accepted for this Absolute Liquidation deal after the deadline ends 2 days from today's publication date.

Anyone who misses the deadline will not get the $99 deal for the Miracle Heater. They will be required to pay the regular price of $392.00 including shipping for the Miracle Heater that comes mounted in the custom-made fireplace mantle.

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1-800-731-3503

EVERYONE LIVING IN THE
Frost Zone: 3
START CALLING AT
9:00 A.M. TODAY
1-800-504-8107

■ **GET THEM WHILE YOU CAN:** Long-time Amish craftsman Jonas Miller encourages all the craftsmen to keep up with the household limit of 3 Miracle Heaters as newspapers hit the newsstands. "We've got everybody helping out, but we've never seen anything like this before. We're letting everyone get the Miracle Heater (shown here) for just $99 and shipping so we can barely keep up with all the orders," Miller said. Everyone hoping to cash in on this deal needs to immediately call the National Toll-Free Hotlines before the deadline ends because once they're gone, they're gone.

Barns going empty as consumers rush to lock in $99 deal

With just 2 days left to get in on the $99 deal and barns going empty, people everywhere are rushing to get the Miracle Heaters in this 73% off Absolute Liquidation before they're all sold out.

Demand for the Miracle Heaters has skyrocketed ever since news about the $99 deal started spreading. In fact, overflow hotlines had to be set up just to take all the calls and because the craftsmen are struggling to keep up, a household limit of 3 had to be imposed. According to the avalanche of consumer reviews for the Miracle Heaters, people absolutely swear by them, repeatedly saying, "It saves money," "looks beautiful," and "heats from floor to ceiling to keep everyone warm and cozy."

People from all across the country are calling to get in on this 73% off Absolute Liquidation deal before the deadline ends 2 days from today's publication date. So if lines are busy be sure to call one of the overflow hotlines at **1-866-222-2181** or **1-866-300-7684** to get the Miracle Heater for just $99.

And since all the custom made mantles that the craftsmen are building today are included at no extra charge, nearly everyone is asking to have their Miracle Heater built with a custom mantle because everyone who does is getting a custom finish upgrade in Golden Oak or Dark Oak for free.

Just make sure you call before the deadline ends because anyone who misses the deadline can't get in on this deal and will have to pay the regular price of $392.00 including shipping for the Miracle Heater that comes mounted in a custom made fireplace mantle. ■

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MTV launches 2020 '+1thevote' campaign to mobilize Millennials and Gen Z

'Rock the Vote' gets rebooted.

In 1990, a bikini-clad Madonna wrapped in a U.S. flag urged MTV viewers to vote in Senate elections as the youth television network partnered with a "Rock the Vote"campaign that mixed pop culture and politics.

Thirty years on, with Millennials and Gen Z poised to outnumber the Baby Boomer generation for the first time in a U.S. presidential election, MTV on Tuesday launched its most ambitious turnout campaign ever, reaching beyond celebrities to tap into burgeoning youth activism.

The year-long "+1thevote" initiative across MTV's multiple TV platforms, social media and live events includes plans to open new polling stations at college campuses, sponsor school proms that host registration drives, and integrate voting messages into shows.

"You need to look no further than the climate change strikes and what is happening in the streets to see that this is a fired-up generation," said Brianna Cayo Cotter, SVP of social impact for MTV and its affiliate platforms VH1, CMT and Logo.

"But they have to vote in this election to take that passion and turn it into political power. That's the aim of this campaign - how do we help young people, who are so passionate but for whom voting today was not really designed," she told Reuters.

The campaign is aimed at first time voters, especially the 4 million Americans who will turn 18 in time for the Nov. 8 presidential elections. It aims to make voting an experience to be shared with friends, or a "plus one."

Millennials and Gen Z - those born between 1981-96 and after 1996, respectively - will make up 37 percent of the U.S. electorate, according to a January report from the Pew Research Center, outnumbering for the first time Boomers born between 1946-64.

MTV, a unit of Viacom, is well-placed to catch their attention as the most-watched non-sports U.S. cable network in primetime with 18-34 year olds, according to Nielsen data.

The past three years have seen a boom in youth activism on issues ranging from climate change, partly inspired by 16 year-old Swedish activist Greta Thunberg, to gun control, civil rights and immigration.

Yet for the two generations raised on the internet and smart phones, the process of registering and voting can seem bewildering, MTV found during months of research.

"People have questions that are like, 'What do I wear to vote?', and 'Where do I go?' To young people who can order anything on their phones automatically, the fact that in a lot of places they would have to go to a post office and get a stamp feels crazy," said Cayo Cotter.

Part of the +1thevote campaign involves a partnership with Campus Vote Project and two other grassroots groups to create dozens of new polling stations on college campuses and in local communities nationwide to make youth voting more accessible.

Some 1,200 polling stations have been shut down across the Southern United States since 2014, according to a September report by the Leadership Conference on Civil and Human Rights.

The MTV initiative also includes a drive to integrate voting messages in TV shows across the industry and plans to register voters waiting in line at MTV events like the Video Music Awards.

"If we can use our platforms' superpowers to reach an untapped and largely ignored audience, we're going to be able to unlock an incredible amount of first time voters who would probably sit this election out," said Cayo Cotter. REUTERS

Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

NYC -If you suffer with knee arthritis pan, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the tai-state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementaiton treatments... doctors precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at ***NYC Pain MD*** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequncy Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequncy waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis t screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NYC Pain MD.*** If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: **for qualified candidates, insurances and Medicare often cover these treatments.**

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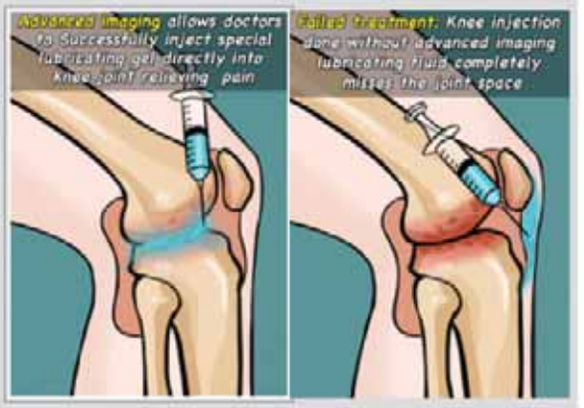
Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain


Advanced imaging allows doctors to successfully inject special lubricating gel directly into knee joint relieving pain
Failed treatment: Knee injection done without advanced imaging lubricating fluid completely misses the joint space

Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

New York suing e-cigarette maker JUUL

New York has joined multiple states in suing the nation's biggest e-cigarette maker.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

New York state is the latest U.S. state to sue e-cigarette maker JUUL.

Attorney General Letitia James announced the lawsuit on Tuesday. The suit alleges the company has used misleading and deceptive marketing for e-cigarettes, which helped popularize the youth vaping epidemic, NBC reported.

James said in a statement, "There can be no doubt that JUUL's aggressive advertising has significantly contributed to the public health crisis that has left youth in New York and across the country addicted to its products."

James added, "By glamorizing vaping, while at the same time downplaying the nicotine found in vaping products, JUUL is putting countless New Yorkers at risk. I am prepared to use every legal tool in our arsenal to protect the health and safety of our youth."

According to the CDC, as of Nov. 13, there have 2,172 cases of vaping or e-cigarette products associated with lung injury. Forty-two deaths have been confirmed within 24 states.

New York has had somewhere between 100 and 149 cases of lung injury.

The CDC also reports that as of Oc. 15, 79 percent of patients suffering are under age 35. A majority of the patients, 40 percent, were 18 to 24 years old.

JUUL has responded to the lawsuit and shared a statement that reads, "While we have not yet reviewed the complaint, we remain focused on resetting the vapor category in the US and earning the trust of society by working cooperatively with attorneys general, regulators, public health officials, and other stakeholders to combat underage use and convert adult smokers from combustible cigarettes."

Besides New York, JUUL was sued by North Carolina in May. On Monday, California sued the company. Massachusetts, Illinois and other states are also investigating JUUL.

GETTY IMAGES

(Tender on the Project of the Preparation of Studies and Designs for Rehabilitating the Residency House of the Permanent Representative in New York)

1. The Permanent Mission of the Republic of Iraq to the UN, is pleased to invite qualified and experienced bidders to present their offers to participate in the tender on the Preparation of Studies, Designs and supervision for Rehabilitating the Residency House of the Permanent Representative in New York.
2. The qualified bidders who are willing to buy the tender's documents can contact the permanent Mission of the Republic of Iraq to the UN in NY to pay the document's purchase value of non-refundable $200.
   For more details and information, kindly contact the PM of the Republic of Iraq via EMAIL tender@iraqmission.us.
3. The offers shall be delivered in two separate closed and sealed envelopes to the permanent Mission of the Republic of Iraq to the United Nations in New York on the determined date at 12:00 PM On December 10th, 2019, and the late tenders shall be rejected.

BRIEF

ISTOCK

MTA and school bus struck by stray gunfire in Brooklyn

A commute turned deadly in Brooklyn Tuesday morning when a 32-year-old man was fatally shot and a school bus full of kids were struck by gunfire, along with an MTA bus.

Gunshots broke out around 8:45 a.m. in East New York, at Pennsylvania and Dumont Aves., according to ABC, after a confrontation escalated near a school. A school bus that contained children and an MTA bus full of passengers were struck, but no injuries were reported.

The intended target of the shooting was shot and brought to Brookdale University Hospital where he was pronounced dead, NBC reported.

Other cars in the area were also hit by stray bullets.

No arrests have been made and the investigation is ongoing.

BECCA GLASSER-BAKER

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	9			4	6		1	
					5	7		
4	5	2					3	
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HARD

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2								

READER WRITE-INS:

IMPEACHMENT HEARINGS GETTING IN THE WAY OF DAYTIME TV!

Why must the impeachment hearings be on every channel, I'd rather see Judge Judy!

Fed up, *Metro US reader*

metro & evvnt

INVITE THE WORLD TO YOUR EVENTS

List your event on metro.us/events

metro.us/horoscopes

Aries Expand your interests, explore your options and make personal gains, romance and positive change all priorities. Consider what's required to maneuver your way into a position that excites you.

Taurus Get together with like-minded people and collaborate with them. What you discover will help you change your course of action and will encourage joint ventures.

Gemini Choose your words wisely. Someone will see through the hype and ask tough questions. If you downplay what you have to offer, you'll surprise everyone later.

Cancer Problems will surface if you are too friendly with one of your colleagues. Don't offer inside information or personal secrets to anyone you do business with. Keep your life simple.

Leo How you deal with others will make a difference. Taking advantage of someone will not bring the results you are looking for. Focus on personal growth.

Virgo Take better care of yourself. Indulgent behavior will be looked down upon by your peers. If you want to get ahead, you'll need to be disciplined and knowledgeable.

Libra Take your time, be observant and let experience be your guide. Put a meaningful relationship first and air your concerns before you commit to making a change.

Scorpio Consider your current position, how you handle your money and what you can do to improve your life. A subtle change will lead to a new beginning. Trust your instincts.

Sagittarius Refuse to let anyone play with your emotions or sow confusion. If something doesn't seem right, it probably isn't. Check the facts before you take action.

Capricorn Don't hide what you have to offer. If you speak up, you'll be given a platform to present what you bring to the table. A positive attitude will lead to good results.

Aquarius Take a moment to think matters through. Keeping the peace is in your best interest. Focus on yourself and on making positive personal and lifestyle adjustments.

Pisces Take a deep breath and rethink your options. If your gut sends you a warning signal, sit tight and see what happens before you make a move. Moderation is encouraged. EUGENIA LAST

LIFESTYLE

Director Todd Haynes on standing up to corporate greed and his newest film, 'Dark Waters'

The true-life story, starring Mark Ruffalo, hits theaters this week.

PAT KING
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Sure. Maybe I started my interview with director Todd Haynes out in a rather bleak way. But how else do you talk about a film that follows the fight to hold corporations accountable after willfully introducing cancer causing products on a large scale? While discussing his newest film "Dark Waters," Haynes had to reset the mood a little bit. "Dude, this is a downer conversation," he said with a laugh.

The film, starring Mark Ruffalo, Anne Hathaway and Tim Robbins, follows real-life Cincinnati corporate lawyer Rob Billot and his research into the synthetic chain known as PFOA (Perfluorooctanoic acid) that the chemical company DuPont had been using in Teflon products since the 1960s. After Billot, played by Ruffalo, had visited a farm near his hometown in West Virginia where the cattle had been mysteriously dying, he had traced it back to a local DuPont factory that had been dumping waste related to Teflon in the town's water supply.

At the time, Billot's firm Taft Stettinius & Hollister had been working with DuPont as a part of their legal team, but after he had seen the evidence of their wrongdoing he felt that he should take a look at their practices. With the initially reticent blessing of his boss Tom Terp, played by Tim Robbins, Billot sues DuPont on behalf of the farmer who brought him the case, Wilbur Tennant (Bill Camp). From there, Billot sifts through thousands of documents throughout DuPont's history to discover that they had chosen to overlook the poisonous and cancer causing symptoms that were linked to PFOA in order to enjoy the vast profits they received from selling Teflon products to the world. It was a clear act of evil that could only be uncovered by a law firm that had the means to do the work against one of the world's largest chemical companies.

"I think part of the poignancy of the story is that nobody was set up to be an obvious critic of this or an investigator and revealer of the story," says Haynes. "Nobody was set up to be an obvious hero. Rob and Tom were on the other side. They were defending industry. That was their job. Yet, it is precisely because they work for a corporate law firm in Cincinnati that had the overhead and had the practice of getting in deep into cases in the way that the plaintiff's attorney's just simply can't afford to do. A defense firm has the money and the staying power to keep people on the job as you get deep into research. It's the only way this story could have been dug up by a single individual when he was basically buried alive by the discovery that he was able to pry loose from this corporation."

The story was based on a 2016 article in The New York Times that followed Billot's crusade for the truth called "The Lawyer Who Became DuPont's Worst Nightmare." The story goes that Ruffalo was completely taken by the piece and had been a driving force in getting this film project off of the ground. Haynes could see that conviction in Ruffalo and was amazed at the passion that he brought to his performance as Billot.

"As an actor, I saw somebody take tremendous risks and do something that I've never really seen in him," says Haynes.

Ruffalo's performance in "Dark Waters" is truly stellar as he gets inside the mindset of a man who has found himself fighting for the side of humanity versus corporate interests. You see it slowly take a toll on Billot as his life at home with his wife Sarah, played by Anne Hathaway, and his children begins to crumble underneath the stress.

"Mark utterly transformed physically. He's almost unrecognizable in scenes of this movie. He barely cracks a smile through the whole film and there's a tension in that that I think is incredibly poignant. Especially when it breaks and when he keeps changing and learning and seeing things differently. The whole experience with Mark was a remarkable one. I just wish him the very best from this project. I hope people appreciate that kind of work for not only how restrained and subtle, but how deep and complete it was," says Haynes.

Mark Ruffalo stars as Robert Bilott in director Todd Haynes' "Dark Waters," a Focus Features release. ALL PHOTOS FOCUS FEATURES

The research conducted by Billot and the rest of his team found that 99 percent of the people living in West Virginia had been living with a harmful amount of PFOA in their bloodstream which could eventually result in cancer. On top of that, it was concluded that PFOA is what is now known as a "forever chemical," meaning that it will be transferred down to those people's children, and so on and so forth. You can see why I was bummed out. But as Billot made these revelations in court, DuPont was sentenced to provide large settlements and medical monitoring for those affected. But, this is a fight that is still being played out in the legal system to this day. You just have to take these wins for what they are.

"That's the thing about this story, is that there are incredible victories," says Haynes, giving me some reassurance. "But what I really loved about it is that it's a true story so it's muddled. There are two steps forward and one step back. The powers that be are going to push back twice as hard every time even with victories that they have to yield to. But the fight keeps going on and they keep finding new ways to push back and disregard the rulings. So, it's like real life. This is a grown up movie that has a complicated outcome. That's sort of what our lives are. We all have to look at all kinds of corruption and all kinds of abuses of powers that will be ongoing. It's up to us to figure out where to take a stand and organize and what to do with our knowledge."

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Sophomore serenade

Matt Johnson from Matt and Kim talks band's latest tour celebrating the anniversary of their second album, "Grand."

MOLLY GIVEN
Molly.Given@metro.us

There are some performers who always seem to be high energy, some who just take it over the top and then there's Matt and Kim. The wildly popular indie-pop duo embodies all of the high-energy, over-the-top-nature, but to an extent that most bands only ever really sing about. For their latest tour, Matt and Kim decided to focus on their 2009 sophomore album "Grand" to celebrate its 10-year anniversary. The record will be played in its entirety while also including a few more of the duo's incredibly dynamic repertoire. Matt Johnson sat down with Metro to chat about the tour, the meaning behind celebrating "Grand" and why being on stage brings out the most colorful part of their personalities.

This tour is quite unique. You are playing your sophomore album "Grand" in its entirety to celebrate its 10-year anniversary. What was so special to you about this particular album?

Some people say bands hit a sophomore slump with their second album, where with our first album there was no fanfare. So we strategically put out a mediocre first album and an amazing second album, it was all planned. But no, all jokes aside our first album was just rushed, we only had about a week in the studio for that. But with"Grand," we just wanted to spend as much time as we could on it. We had decided to record it ourselves in the bedroom in my parents' house, and I had no idea what I was doing. I mean we were Googling 'How to record music.' We had no expectations that it was going to be anything larger than what we had done in the past, I mean enough so that we didn't hire a professional to

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- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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make it. But I think in that whole thing, it gave us a ton of freedom to spend the time and figure out what we want to sound like and what we should sound like. When you're not trying to make a single and you're just trying to make songs that make you really happy, I think special things come out of that. It was the right place and the right time, and it completely changed our lives. So we had to honor it — other than Kim it has been the biggest influence in my life.

What does this particular nostalgic sort of set up bring for fans who are coming out to see the show?

I remember we went into the studio with Rivers Cuomo from Weezer, right after they had done a "Pinkerton" reunion show. He had even had mixed feelings on that album when it came out, but he said it was so awesome to just have everyone there knowing what they're gonna get — just audiences wanting this one thing and giving it to them. To me, the most enjoyment we get out of playing is an excited audience. Sometimes hear about these bands that won't play a big single of theirs, and I just think that's insane. If my audience wanted to hear "Daylight" fifteen times in a row, I would enjoy giving that to them if it made them happy. Does that say anything about how I have sex too? Who knows. But also that album is only 28 minutes, so we have a whole other hour to play anything else across the entire board. I take a lot of pride in ourselves as performers and songwriters, and Kim is the most amazing drummer, especially to watch. It's just all about making people excited.

Is "Grand" an ideal album for new fans to dive into to get to know you guys?

Absolutely. I mean, but the thing we still always do is amp everything up a bit. We are part of this world where we are lucky enough to be involved in festivals or any of these DJ electronic events, and I think we handle our set more like a DJ would than an indie band. Even if you don't know any of these songs, I think we try to open a lot of windows for you to come in and it all feels familiar. That's been part of us being a festival band for all of these years. It's just how we like to orchestrate it. The "Grand" album is also still quintessentially us. There are some bands that evolve or mature or whatever — for us, our sound will change from album to album, but then we go back. I think it's certainly not for just Matt and Kim fans. I take pride in all of the things we've done, I really want anybody to be able to enjoy it. I know I have a, what you would call, polarizing voice, almost in a Modest Mouse kind of way. Some people really connect to it, it's distinctly us. But when people come to the show, they learn to love us in a whole other way.

Matt and Kim. ALL PHOTOS ROVIDED

You had taken a year off from touring due to Kim's injury, was that a time to reflect? Did that maybe play a part in framing the tour this way as well?

There was certainly some reflection over that year. I've been touring my entire adult life, and it really made me think about a time where I don't get to do this anymore because I never really had that perspective. It just made me think how I don't want that time to come. But we were on the fence, we knew the 10-year anniversary was coming up, but we didn't know if it would make everyone feel old remembering that they loved it back when they were 23 and now they're in their 30s or whatever. But we realized two things: this 10-year mark only comes up once, and probably by the 20-year mark we're all going to be dead anyway with how things are going so we have to get it in now. But in all seriousness, it became clear that if we don't do this now, we'll probably never get to do it again. This album just meant too much to us, as far as definitive albums that changed our career, that was the one.

Since you guys do always jam out every single show, what do you like the most about getting to perform live in front of audiences?

When an audience is going wild, jumping up and down, singing along — I think it's the same type of energy when a comedian really makes an audience laugh. There are some bands who are very thoughtful, very Radiohead types, which is great, but people are probably just bobbing their heads and are mainly feeling the music internally — I could never do that. It would be like a comedian having no one laugh. So when we get that energy, it's totally the reason why we do it. It comes over us you know. Like why do we end up taking our shirts off on stage? Especially at a show in the middle of the winter? But I get so wrapped up in it, and it really is a high that I'm so thankful to get. So whenever we're on the road, it's just getting that juice from the energized audience, which I think is what brings us back.

Catch Matt and Kim Nov. 24 at Terminal 5 and Nov. 25 at Brooklyn Steel.

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The Arcadia Earth museum mixes art with environmental activism

ALL PHOTOS DAVID MITCHELL

With the emergence of consistent ecological disasters happening more and more every year, the evidence linking these catastrophic events to climate change is getting harder to avoid. But while we should all make sure to do our part in making our world a safer place, engaging with this crisis in your everyday life can be something that many of us choose to avoid. In the new NoHo museum, Arcadia Earth, guests will be immersed within 15 rooms full of large multi-sensory installations that comment on our current dilemma while inspiring them to make a change in their everyday lives.

The museum was founded by fashion designer and experiential artist Valentino Vettori, and is the first museum to contain art that exclusively deals with the subject of climate change. For Vettori, working in the fashion industry exposed him to how much pointless and damaging waste we produce without blinking an eye.

"My job has always been in fashion. It has always been to create immersive installations for the fashion industry," says Vettori. "With that, a lot of these fashion companies have a lot of projects for short period collections. I would find myself sometimes making these big installations for five days or seven days and at the end of it, there was a lot of garbage or trash that I created. There was a point where I realized I wasn't happy about it."

After reading "Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming" by Paul Hawken and even getting a chance to work with the environmentalist, Vettori knew he had to make changes in his life and channel his artistic nature towards good.

"I made a vow to myself that I would stop doing what I was doing," remembers Vettori. "Stop making pollution and creating installations without purpose and focus on creating new installations that would raise awareness on sustainability and leave behind a better planet. Not being argumentative, but being inspiring with art."

Each of the installations within the museum's 15 rooms also contain helpful instructions on how we can be more sustainable. One of the museum's exhibits, which paired Vettori with Brooklyn-based artist Basia Goszczynska, created a cave out of 44,000 plastics bags to represent the amount of plastic bags New Yorkers had produced in one. This exhibit was created to honor New York's recent plastic bag ban, going into effect early next year. **PAT KING**

If you go:

Arcadia Earth. 718 Broadway, NoHo. Open Mon - Fri, 12 p.m. - 9 p.m. Sat - Sun, 11 a.m. - 9 p.m. For tickets and info: https://www.arcadia.earth

APPS TO DISCONNECT FROM YOUR PHONE

Being 'stuck' in smartphones has become quite normal, as these devices have become a big part of our lives. However, there are special apps that are able to help us to gradually disconnect from our phones. Metro highlights the best ones.

DANIEL CASILLAS MWN

PAUSE

This application uses the ancient principles of Tai Chi and the practice of mindfulness to help you regain concentration and release stress by slowly and continuously moving your fingertip across the screen.

MOMENT

Moment is a simple on-screen time tracker that monitors the use of your phone to the specific application you're using. It then provides reports on how much time you spend on the phone to help reduce your dependency.

FOREST

It is an active tracker that has you set a timer for focusing and then plant a digital tree. As the timer counts down, the tree will grow. In addition, Forest partners with Trees for the Future, a non-profit organization that helps communities around the world plant trees.

FREEDOM

It simplifies the whole process of disconnecting from your phone for a while by blocking access to the Internet or specific apps and websites, so you can become one of more than 500k other users who recover more than two hours of productivity per day.

OFFTIME

This app is a little more versatile, as it helps you disconnect from your smartphone without completely cutting off access to the device. This app has an easy control panel that helps you define which apps you want to mute and which ones you prefer to keep on.

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Nets struggling to find their game with Kyrie Irving sidelined

The slumping Nets have lost four of their last five games while seeing their star point guard go down.

JOE PANTORNO
joseph.pantorno@metro.us

Nets guard Joe Harris expressed his frustration with his team's recent run of form. GETTY IMAGES

The new-look Brooklyn Nets were always going to face an uphill climb this season without their new signing, Kevin Durant.

As the 10-time All-Star and two-time champion continues his recovery from a ruptured Achilles, the Robin to Durant's Batman — Kyrie Irving — has been given the responsibility of shouldering the load of carrying the Nets to a second-straight playoff appearance.

The problem is that those shoulders aren't right at the moment.

Irving missed his second-straight game on Monday night due to a right shoulder impingement. The Nets were blown out by 29 points, 115-86, by an Indiana Pacers team that was without Malcolm Brogdon, Victor Oladipo, T.J. McConnell and Jeremy Lamb.

The result dropped the Nets to 5-8 on the season, which is not close to the start many expected from a team led by Irving in a weaker Eastern Conference.

Irving initially suffered the shoulder injury last Tuesday against the Utah Jazz in a 119-114 loss and tried to play through it two nights later against the Denver Nuggets in a 101-93 defeat.

Brooklyn's lone win in the four-game stretch since Irving's knock came on Saturday against a lowly Chicago Bulls team to cap off a 10-day, five-game road trip.

While the point guard is considered day-to-day, Nets head coach Kenny Atkinson didn't ease any uncertainties around Irving's absence on Monday.

"I hope [it won't be an extended issue]," Atkinson said (h/t New York Post). "I will say this — just from my personal opinion, shoulders are tough. Those aren't easy to deal with. Probably everybody in this room, when you have a shoulder thing, it's just not easy. Listen, I know he's working diligently to get back on the court. I know he wants to be out on the court bad."

For a Nets team that is also without Caris LeVert for five weeks after he underwent surgery to repair ligaments in his thumb, the problems the healthy Brooklynites are trudging through have become clear.

"It's frustrating because it's sort of been the same scenario for a lot of the season where we haven't put a full 48 minutes together," guard Joe Harris said.

After allowing just 18 points in the first quarter, the Nets were thrashed for 41 in the second by the Pacers to put them in an insurmountable hole. It spoiled Spencer Dinwiddie's solid night as he dropped 28 on Indiana while averaging 23.7 points per game over his last six.

"But it's a lot of stuff where, you know, you come in prepared, the game plan is there, coaches have you ready and then it's just sort of a lack of energy on our part," Harris added. "And that's why it's frustrating."

The Nets' defense is currently the second-worst in the Eastern Conference, yielding 118.5 points per game.

On the offensive side of the ball, Harris is one of those players that have lacked consistency during Irving's injury woes.

Brooklyn's biggest threat from beyond the arc has averaged just 10.6 points in just over 30 minutes per game over his last five outings. He's been held to single-digits in three of them, including a seven-point effort against the Pacers.

Dinwiddie squaring off against NBA over contract conversion

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Brooklyn Nets guard Spencer Dinwiddie and the NBA are at an impasse.

According to Shams Charania of The Athletic, the NBA has hired outside legal counsel regarding Dinwiddie's desire to convert his contract into a digital investment vehicle.

The league and the Debevoise & Plimpton law firm have alerted Dinwiddie that he is not allowed to use his $34.4 million contract for his company with "$SD8." But the 26-year old plans to move forward with the idea, anyway, allowing NBA viewers to benefit from a player's good performance.

"What better way to be invested in a player as a fan than to have some level of skin in the game," Dinwiddie told Charania in September. "With the way mine works, if I play well in that player option year and we split the profits up the first year of my new deal, it greatly appreciates the return on this investment vehicle. It allows you to get up in that 15-percent range in a return, like a growth stock, and that'll be something most guys won't beat."

Nets guard Spencer Dinwiddie. GETTY IMAGES

Per Charania, Dinwiddie could suffer stiff penalties from the league including "termination of contract, suspensions without pay and fines."

This is the first time an NBA player has attempted to do this with his contract and Dinwiddie has had multiple meetings with the league and the player's association over the past few months with no resolution.

JOE PANTORNO

NETS vs. HORNETS
TONIGHT, 7:30 PM, YES NETWORK

Knicks rookie RJ Barrett is averaging over 33 minutes per game this season. GETTY IMAGES

Assessing the workload of star rookie RJ Barrett

At 19 years old, the face of the Knicks is getting plenty of time on the floor. But is it too much?

JOE PANTORNO
joseph.pantorno@metro.us

Load management has become quite a hot topic around the NBA this season.

The league is seeing teams sit their star players in hopes of conserving them for the stretch run or the playoffs. It's an understandable notion considering the grind of a full NBA season. Just don't tell that to the fans.

The Knicks, however, don't seem too keen on managing the minutes of their best players. At least, that's what head coach David Fizdale said earlier this month after playing rookie RJ Barrett a whopping 41 minutes against the Sacramento Kings.

Naturally, there was a cry of outrage across the game and the Knicks fan base wondering why the rookie played so many minutes in just his seventh NBA game.

"We've got to get off this load management crap," Fizdale said. "This kid is 19. Drop it already."

It was the second time in those first seven games that Barrett eclipsed the 40-minute mark. He was on for 40:02 on Oct. 28 against the Chicago Bulls.

The results suggested that Fizdale was right. Barrett had a strong start to his NBA career after being taken third overall in the 2019 draft — averaging 18.3 points and 6.1 rebounds in 37.1 minutes per game over his first seven appearances.

At that pace for an entire season, Barrett would have averaged the second-most minutes by a player under the age of 20 in NBA history, behind only LeBron James in 2003-04 (39.5 minutes per game), per ESPN.com's Kevin Pelton.

After Fizdale's defiant remarks, however, Barrett saw his time on the floor decrease.

In the three games following his Nov. 3 epic against the Kings, he averaged just nine points per game, including three points in 34:55 against the Dallas Mavericks on Nov. 8.

Over the last four games, Barrett is averaging a much more realistic 29.2 minutes per game and has seen his production pick back up — posting games of 22, 21 and 15 points.

Still, his 33.6 minutes per game this season ranks 29th in the NBA. No other rookie or player under the age of 20 is ranked ahead of him.

When assessing this load management situation, there are two major schools of thought on Barrett:

1) He is going to be the face of the Knicks for years to come. Giving him the workload of most stars around the league will only help him further adapt to life in the NBA.

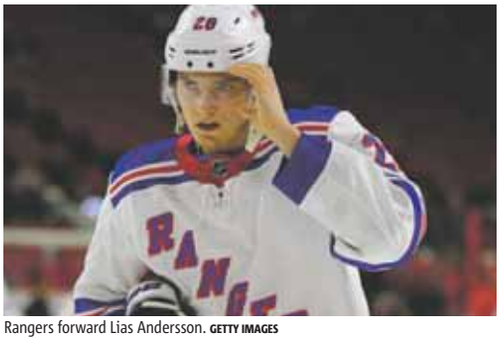
2) There's little reason to play him so much and run the risk of burning out or injury for a team that is expected to win approximately 20 games this season.

KNICKS at 76ERS
TONIGHT, 7 PM, MSG NETWORK

What does the future hold for Lias Andersson?

The young Rangers center has failed to secure a spot on the NHL roster for three straight years.

JOE PANTORNO
joseph.pantorno@metro.us



Rangers forward Lias Andersson. GETTY IMAGES

Lias Andersson is racking up a few more travel miles to Connecticut than originally expected.

For a third straight season, the New York Rangers sent the young Swedish prospect to the organization's AHL affiliate in Hartford over the weekend.

It's hardly the start to life in the NHL the 21-year old expected after being taken seventh overall by the Rangers in the 2017 draft.

The center, however, has not done much to warrant consistent time in the NHL as of yet.

In 66 career games, he has just three goals and six assists and has just one helper in 17 games this year.

Those are not the kind of numbers initially expected from a player that was going to develop into a two-way, scoring-line center.

In a matter of two seasons, Andersson has gone from being the future of the franchise to being expendable.

The Rangers suddenly have a set foursome of centers to roll out every night in Mika Zibanejad (currently injured), Ryan Strome, Filip Chytil and Brett Howden. In a combined 54 games this season, they have put up 18 goals and 22 assists.

While Zibanejad was putting up his expected first-line production with 11 points in nine games before an upper-body injury sidelined him, Strome is exceeding expectations with 18 points (6 G, 12 A) in 18 games.

Late to the party was Chytil, but the 20-year-old has six goals in his first nine games with the club as the Rangers continue to have far more patience with him compared to Andersson, who played in just 3:55 in his last game before being demoted on Nov. 16 against the Florida Panthers.

In the meantime, Greg McKegg could see time as New York's fourth-line center until Zibanejad returns.

With head coach David Quinn's lineup seemingly set for now down the middle, the Rangers have a couple of options when it comes to Andersson's future.

They could try to move him out to the wing, which is something Quinn already admitted to thinking about.

"I think if he plays well, there's an opportunity on the wing," he said (h/t Larry Brooks, New York Post). "I think everything is on the table for him if he goes down there and plays well and if we bring him up, maybe we do put him on the wing. But at his age, I want to continue to give him a fair opportunity in the middle."

Playing time at center could be the main reason as to why Andersson is on his way back to Hartford. However, the Rangers could be using it as a showcase to trade the youngster.

Andersson has put up 34 points (11 G, 23 A) in 61 AHL games and a strong performance in Hartford this time around could be used to boost his hypothetical trade value.

Giants' Shepard could return this season

GETTY IMAGES

New York Giants wide receiver Sterling Shepard has had a difficult — and at times, frightening — 2019 season.

But no one is willing to admit that he's done for the season. At least, for now.

Shepard returned to Giants practice on Monday after missing the past five games after entering the NFL's concussion protocol for the third time this season during Week 9.

Entering the year as one of his team's top targets following the departure of Odell Beckham Jr., Shepard has only appeared in four games.

He suffered his first concussion of the season during the 2019 opener against the Dallas Cowboys, which forced him to miss Week 2 against the Buffalo Bills.

The 26-year old lasted just three games upon his return in Week 3, suffering another one in Week 5 against the Minnesota Vikings when his head hit the turf while trying to catch a Daniel Jones-thrown deep pass.

It had many questioning the longevity of Shepard's NFL career or if he'd ever return to the field at all.

Now, the question is whether or not Shepard will suit up for the Giants this Sunday in a Week 12 clash against the Chicago Bears at Soldier Field.

"They're still going through it, so we'll see what the week brings. But we're encouraged that they'll make it through," head coach Pat Shurmur said of Shepard and cornerback Janoris Jenkins.

When he's been in the fold, Shepard has been one of the Giants' most utilized receivers. He caught 25 passes for 267 yards and a touchdown this season, which still ranks third amongst New York's wide receivers this season.

JOE PANTORNO

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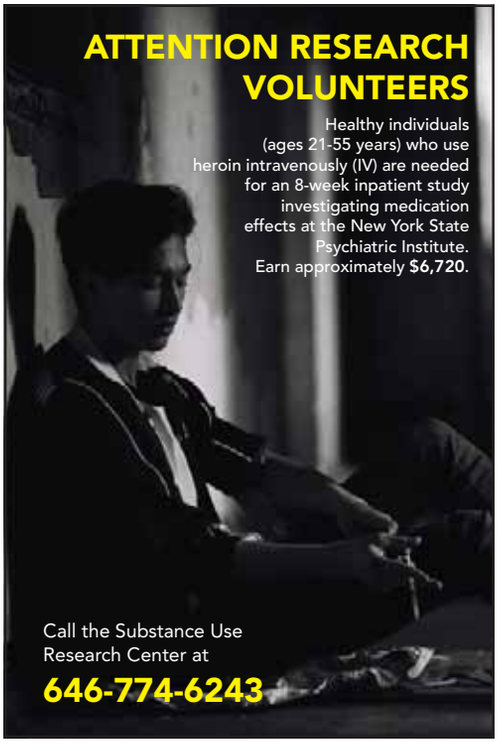
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Mets' Yoenis Cespedes seen taking BP

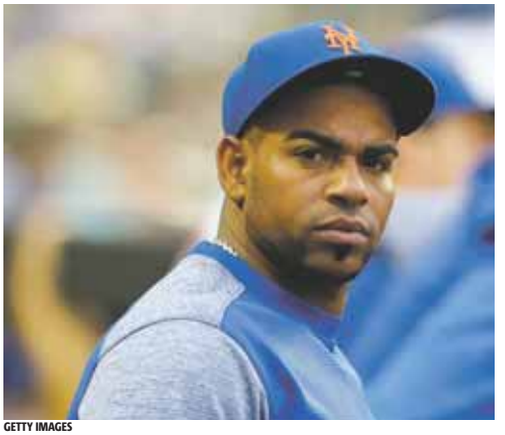
Yoenis Cespedes is alive and doing baseball things.

The New York Mets star outfielder was shown in an Instagram video posted by minor league coach Endy Chavez taking batting practice in what is the first evidence of the 34-year old participating in baseball activities. The video was deleted by Chavez shortly after.

This comes two weeks after Mets general manager Brodie Van Wagenen admitted uncertainty on whether Cespedes would be able to play in 2020 at all.

"It's too early to tell," Van Wagenen said. "I don't have enough information to predict when he's going to be back."

Cespedes has not appeared in a regular season game for the Mets since July of the 2018 season due to a litany of injury issues.



GETTY IMAGES

He needed surgery on both of his heels in 2018 to remove bone spurs and calcifications from the area.

On the verge of a comeback a month into the 2019 season, Cespedes suffered a fall on his ranch in Florida that resulted in a fractured ankle that forced him out for the entire year.

It's been an enormous absence for the Mets to deal with, though his injury issues have become commonplace during his time with the Mets.

After signing a four-year, $110 million contract following the 2016 season, he has appeared in a combined 119 games.

When he's healthy, though, he's a force to be reckoned with.

In 308 career games with the Mets, Cespedes is slashing .282/.346/.543 with 74 home runs and 201 RBIs. That's a 162-game pace of 38 home runs and 105 RBIs.

The Mets have accrued a solid group of outfielders during Cespedes' absence. Michael Conforto is coming off his first 30-home run season while JD Davis, Jeff McNeil and Dominic Smith spent considerable time in the corner outfield spots; adding to the talent pool is Brandon Nimmo.

Cespedes — another corner outfielder — would add to the Mets' logjam while the need for a natural center fielder continues.

JOE PANTORNO

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Supreme Court
County Of Queens
U.S. Bank National Association, as Trustee, in trust for registered holders of First Franklin Mortgage Loan Trust, Mortgage Loan Asset- Backed Certificates, Series 2007-FF2, Plaintiff AGAINST Gabriel Milfort, Marie Jacques, et al, Defendant
Pursuant to a Judgment of Foreclosure and Sale duly dated 9/12/2019 and entered on 9/27/2019, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Sutphin Blvd., Courtroom 25, Jamaica, NY on December 06, 2019 at 10:30 AM premises known as 230-58 Lansing Avenue, Rosedale, NY 11413.
All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the County of Queens, City and State of New York,
BLOCK: 13512, LOT: 1.
Approximate amount of judgment is $866,168.28 plus interests and costs. Premises will be sold subject to provisions of filed Judgment Index # 703235/2015.
Joseph F. Defelice, Referee
FRENKEL LAMBERT WEISS WEISMAN & GORDON LLP
53 Gibson Street
Bay Shore, NY 11706

NOTICE OF SALE

Supreme Court
County Of Queens
Bank of America, N.A., Plaintiff AGAINST Dianna Quiroz, Kenneth Quiroz, et al, Defendant
Pursuant to a Judgment of Foreclosure and Sale duly dated 4/16/2018 and entered on 4/27/2018, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Sutphin Blvd., Courtroom 25, Jamaica, NY on December 06, 2019 at 10:30 AM premises known as 255-44 149th Avenue, Rosedale, NY 11422. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the County of Queens, City and State of New York,
BLOCK: 13669, LOT: 23.
Approximate amount of judgment is $574,682.06 plus interests and costs. Premises will be sold subject to provisions of filed Judgment Index # 702121/2013.
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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
HSBC BANK USA, NATIONAL ASSOCIATION, AS TRUSTEE FOR NOMURA ASSET ACCEPTANCE CORPORATION, MORTGAGE PASS-THROUGH CERTIFICATES SERIES 2006-AR1, Plaintiff AGAINST RICKY MUHAMMAD, et al., Defendant(s)
Pursuant to a Judgment of Foreclosure and Sale duly dated September 07, 2018 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse in Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York, on December 20, 2019 at 10:30AM, premises known as 195 BEACH 29TH STREET, FAR ROCKAWAY, NY 11691.
All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York,
BLOCK 15808, LOT 31.
Approximate amount of judgment $729,797.81 plus interest and costs. Premises will be sold subject to provisions of filed Judgment for Index# 33253/09.
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Gross Polowy, LLC
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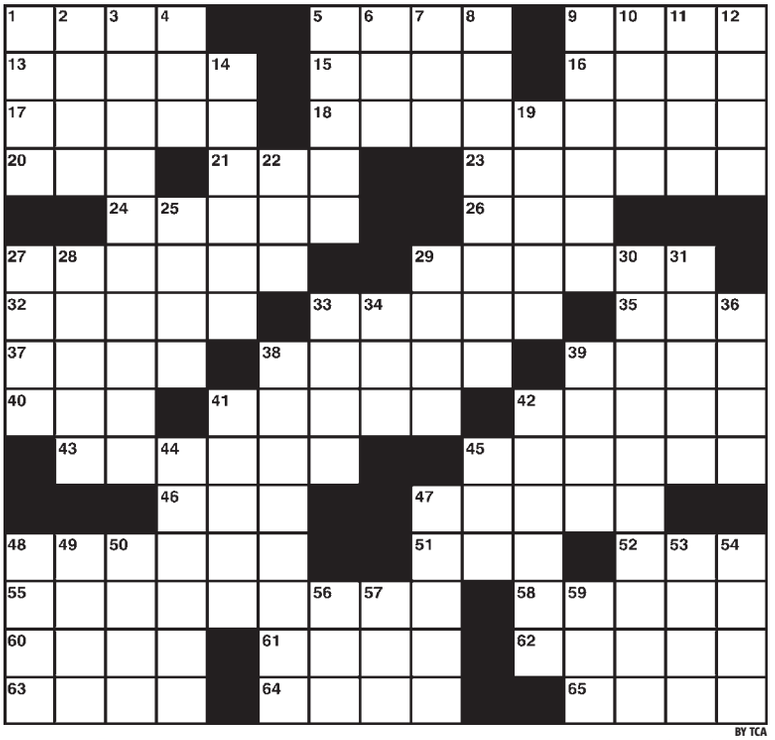
ACROSS

1 Graduate, for short
5 Utters
9 Purina Dog __
13 One for whom there is no hope
15 Stumble
16 "Mine eyes __ seen the glory..."
17 Sidestep
18 Cuts off a limb
20 ABC followers
21 Bandleader Calloway
23 Feel insulted about
24 Astaire & Savage
26 __ race; daily grind
27 Artificial; fake
29 Cut in half
32 Aunt's hubby
33 747 or 737
35 Bottom edge of a dress
37 Spouse
38 Object
39 One of the Three Bears
40 "Roses __ red, violets..."
41 Conceit
42 Stubborn beasts
43 Murphy & Cibrian
45 Earls & barons
46 "Snakes __ Plane"; scary movie
47 Employee's delight
48 Valuable things
51 Overnight stop
52 Major TV network
55 Consoled
58 Poe's first name
60 Seagull's cousin
61 France's Coty
62 Elvis' "Blue __ Shoes"
63 Very short play
64 Arden & Plumb
65 Make ale

DOWN

1 No longer young
2 Strong emotion
3 __ by; immune to
4 TV's "Chicago __"
5 Pierces
6 Give a gun to
7 Short sharp cry
8 __ on; goading
9 Virtuous; pure
10 Detest
11 Hotpoint appliance
12 __ Virginia
14 Flow back
19 Razz
22 Hustle and bustle
25 Regulation
27 Dangerous cat
28 Catch in a trap
29 Source of woe
30 Ill-fated space shuttle
31 Cone-shaped home
33 Fraternity letters
34 Trash can top
36 Church service
38 Hidden __; valuable find
39 British bars
41 Half-and-half cartons, often
42 Des __, Iowa
44 "Alice __ Live Here Anymore"; 1974 film
45 Pelosi, to friends
47 Hitchhikers' hopes
48 Carney & others
49 Try to find
50 Calcutta dress
53 Ordered
54 Rowing team
56 Last biblical book
57 90 degrees from NNW
59 Give a moniker to



BY TCA

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M	D	C	B	G	W	W	N	T	F
I	R	A	W	I	N	D	O	W	S
C	A	L	C	U	L	A	T	O	R
R	O	E	A	P	P	L	E	I	O
O	B	N	M	N	J	C	P	S	R
S	P	D	G	V	I	M	A	R	J
O	I	A	U	T	D	M	D	E	L
F	L	R	I	H	Q	A	R	V	R
T	C	B	H	N	G	A	T	E	S
C	O	M	P	U	T	E	R	R	T

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S	Y	O
G	O	L
I	S	T

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								2
	8				9	5		7
	7			8	2	3	9	
1	2				6	7		
	9			1			2	
		5	7				6	1
	5	9	2	7			8	
4		7	6				5	
2								

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N	I	C	E		B	I	L	L	S		D	E	E	P
	T	E	N	N	E	S	S	E	E		A	N	D	Y
			T	E	S	T			M	O	M			
A	C	R	O	S	S		N	O	B	L	E	M	A	N
S	H	I	R	T		W	O	U	L	D		I	D	O
T	O	N	S		B	A	S	T	E		G	N	A	T
I	R	K		F	A	R	E	S		B	A	D	G	E
R	E	S	P	E	C	T	S		M	I	S	S	E	S
			A	B	C			K	E	L	P			
L	O	R	D		A	P	P	A	L	L	I	N	G	
A	V	I	D		R	O	U	T	E		N	E	E	D
C	E	L	L		A	N	N	I	E		G	A	T	E
K	N	E	E		T	Y	K	E	S			R	A	N

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